



THE SOURCE

2014 Charitable Giving Campaign

By NRC Spark Plugs

Thank you to all NRC staff for your generous contributions to the 2014 Charitable Giving Campaign. Lots of fun activities were conducted to raise funds, including a hospital-wide potluck lunch with free-will donations, a 5-K color run, penny wars, denim days, and of course the pledge cards.

The Spark Plug-sponsored events generated \$1,048.39, and NRC employee pledge cards generated \$2,766.00, for a **grand total of \$3,814.39**.

Way to go, NRC!! A huge "Thank You" to everyone who participated in events and contributed to the Campaign!

- Your NRC Spark Plugs



5K Color Run

at
**Ta-Ha-Zouka
Park**



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Nebraska Sex Offender Treatment Program

Mission: Providing Sex Offender treatment to prepare for community reintegration while maintaining public safety.

Vision: Helping people rebuild their lives with no more victims.

Bill Block Is July “Job Well Done” Recipient

By NRC Employee Recognition Committee



Congratulations to **Bill Block**, MHSS II, for being selected as the July 2014 “Job Well Done” recipient.

Bill has been employed at NRC since February 1988. His co-workers stated in his nomination that he deserves this award because he has been very willing to help the patients buy food items at Walmart for consumption during therapeutic community week. This helps save patients

significant money in shipping costs and allows for a variety of foods for them to purchase. This requires additional time to match up the patients’ food purchases, keep receipts and store these items until they can be consumed by the patients. He is always cheerful and pleasant about this extra task.

Thank you, Bill, for all you do!

Diane Hassler Is August “Job Well Done” Recipient

By NRC Employee Recognition Committee

Congratulations to **Diane Hassler**, Environmental Services, for being selected as the August 2014 “Job Well Done” recipient.

Diane has been employed at NRC since June 1989. Her co-workers stated in her nomination that she deserves this award because she works hard at keeping her unit clean and is willing to help others with their work when needed. She has a good attitude and brings a smile to her unit for both staff and patients. She also

helps out in the Personal Development departments. She makes work fun when she is around!

Thank you, Diane, for all you do!



Lori Rector and Jyl Hochstein Are September “Job Well Done” Recipients

By NRC Employee Recognition Committee

Congratulations to Lori Rector, Food Service Supervisor, and Jyl Hochstein, Housekeeper/Environmental Services, for being selected as the September 2014 “Job Well Done” recipients.

Lori Rector has been employed at NRC since September 1995.



Her co-workers stated in her nomination that she deserves this award because she re-

sponds quickly to questions or requests of staff. She is always cheerful and does not show frustration when responding to a “coffee machine” question and tries to troubleshoot so the repairman is not called prematurely. She has a willing and cooperative attitude with the nursing department, making it easy for them to pick up the phone and call her when needed. She is truly a “fountain” and not a “drain” in our facility.

Thank you, Lori, for all you do!

Jyl Hochstein has been employed at NRC since December 1989. Her co-workers stated in her nomination that she deserves this award because she has a personality that just cheers others up and has a smile for everyone. When working on her unit, she helps

maintenance staff by guarding tools and supplies so they can concentrate on their job. She



keeps the maintenance department informed of things that need to be fixed promptly and accurately. She will also find out more information about the needed repairs when questions arise.

Thank you, Jyl, for all you do!

**First Day
of ...**



**September
23**

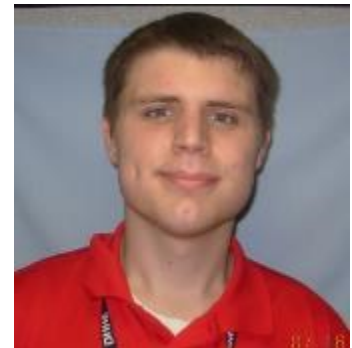
Please Welcome New NRC Employees



Amber Skoglund
MHSS II (PRN)



Emily Donoghue
MHSS II (PRN)



Adam Anderson
MHSS II



Christopher McColley
MHSS II



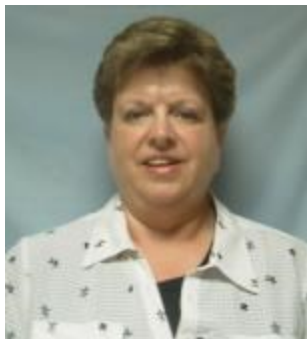
Tracy Haxton
MHSS II (Temp)



Elizabeth Schultz
LPN (PRN)



Amr Beltagui
Psychiatrist



Ann Richter
RN



Carl Forsell
MHSS II (Temp)

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Please Welcome New NRC Employees

(Continued from page 4)



Scott Krohn
MHSS II



Jennifer Woldt
MHSS II (Temp)



Carolyn Small
Food Service Assistant

What's Cooking at NRC

PAPRIKA CHICKEN WITH SOUR CREAM GRAVY



- | | |
|----------------------------------|----------------------------|
| 1/2 c. flour | 1/4 c. butter or margarine |
| 2 tsp. paprika | can cream of chicken soup |
| 1 tsp. each salt, pepper, garlic | 1/4 c. sliced green onions |
| powder, cayenne pepper | 8 oz. sour cream |
| 4 boneless chicken breast halves | |

Mix flour and seasonings. Coat chicken. Melt butter in skillet. Add chicken and cook until browned. Add soup and onions. Cover and cook over low heat 10 minutes or until done. Stir in sour cream. Serve with mashed potatoes, rice or noodles if desired. Serves 4.

(Submitted by Scott Hoffmann, and he challenges Stephanie Bright to submit a recipe for the next issue of *The Source*.)

The Bulletin Board

I would like to express my deepest appreciation for all of your comforting words, cards, emails, calls, and visits during the passing of my Dad, Norbert. Also thanks for the generous memorial gifts. I am so blessed to work with such kind and caring people.

Patty True and family

To Everyone,

Thank you so much for the two gift certificates that you gave me. I got a RCA tablet with keyboard and am learning how to use it. Thank you also for the party and the great memories that go with great people. You do not know how much I enjoyed working at the Region-

al Center in all the jobs that I had. Thank you for putting up with me for 15 years!

We have moved to Brock, NE (south of Nebraska City). Come see me when you're in the area.

Thank you again for such a wonderful time in my life.

Susan Johnston

Policy Reviews Via LINK

Submitted by Barb Maas, RN, and Karen Johnson, Training Specialist

Beginning in July 2014, all updated or revised policies are now distributed monthly to each staff member via LINK. Staff are required to review and acknowledge receipt of the policies within 30 days of receipt of the email advising of the assigned curriculum.

The following policies were assigned in July and August:

- ♥ Abbreviations and Symbols, Recommended
- ♥ Patient Personal Property (Management of)
- ♥ Safety and Security Center (SSC) Operating Principles
- ♥ Patient's Refusal of Treatment Medications
- ♥ Confidentiality
- ♥ Patient Personal Copies and Notary Services
- ♥ HIM: Designated Record Sets
- ♥ Emergency Operations Plan
- ♥ Life Safety Management Plan
- ♥ Video Surveillance
- ♥ Performance Improvement and Risk Management Plan
- ♥ Advance Directive
- ♥ Behavior Management Plan
- ♥ HR: Employment Physicals
- ♥ HR: Filling Vacant Positions
- ♥ HR: Holiday Leave
- ♥ 1:1 Patient-to-Staff Assigned Interaction



September Is National Preparedness Month: Are You Ready?

Submitted by TyLynne Bauer, Facility Operating Officer

In support of National Preparedness Month (September), the Nebraska Hospital Association is promoting emergency preparedness to educate our member hospitals and the communities they serve. National Preparedness Month, now in its tenth year, is a nationwide, month-long effort hosted by the FEMA Ready Campaign and Citizen Corps to encourage households, businesses and communities to prepare and plan for emergencies.

One of the National Preparedness Month's key messages is to be prepared in the event an emergency causes an individual to be self-reliant for three days without utilities such as electricity and water service, access to a supermarket or local services, or maybe even without response from police, fire or rescue. Would you be ready?

Build a Kit

A disaster supplies kit is simply a collection of basic items your household may need in the event of an emergency. Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essen-

tials with you. You will probably not have time to search for the supplies you need or shop for them.

You may need to survive on your own after an emergency. This means having your own food, water and other supplies in sufficient quantity to last for at least 72 hours. Local officials and relief workers will be on the scene after a disaster but they cannot reach everyone immediately. You could get help in hours or it might take days.

Additionally, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week or longer. Your supplies kit should contain items to help you manage during these outages.

Recommended Supplies List

- Water, one gallon of water per person per day, for drinking and sanitation
- Food, at least a 3-day supply of non-perishable food
- Battery-powered radio and a NOAA Weather Radio with tone alert, and extra batteries for both
- Flashlight and extra bat-

teries

- First aid kit
- Whistle to signal for help
- Infant formula and diapers, if you have an infant
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Dust mask or cotton t-shirt, to help filter the air
- Plastic sheeting and duct tape to shelter-in-place
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)

If you live in a cold weather climate, you must think about warmth. It is possible the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes. One complete change of warm clothing and shoes per person, including:

- A jacket or coat
- Long pants
- A long sleeve shirt
- Sturdy shoes
- A hat and gloves

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September Is National Preparedness Month: Are You Ready?

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- A sleeping bag or warm blanket for each person

Below are other items to consider adding to your family's supply kit. Some of these items, especially those marked with a * can be dangerous, so please have an adult collect these supplies.

- Emergency reference materials such as a first aid book or a printout of the information on www.ready.gov
- Rain gear
- Mess kits, paper cups, plates and plastic utensils
- Cash or traveler's checks, change

- Paper towels
- Fire extinguisher
- Tent
- Compass
- Matches in a waterproof container *
- Signal flare*
- Paper, pencil
- Personal hygiene items, including feminine supplies
- Disinfectant*
- Household chlorine bleach*
- You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to treat water. Use 16 drops of reg-

ular household liquid bleach per gallon of water. Do not use scented, color-safe or bleaches with added cleaners.

- Medicine dropper
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container



This is not the time to think about preparing — **act now!**

Employees Leaving NRC

Patricia Bethune, RN (PRN)

Michael Saegebarth, MHSS II

Jay Hledik, Facility Maintenance Specialist

Kevin Wiltman, MHSS II — Guard

Ron Hampton, Activity Assistant

TiAnne Morse, Quality Assur-

ance Coordinator

Bonnie Legate, MHSS II

Judy Laravie, LPN

Seth Lauver, MHSS II — Guard

Brittany Craft, Supply Worker

Michelle Koch, MHSS II

"A bargain is something you have to find a use for once you have bought it."

-Benjamin Franklin

Why Do You Work?

By Joe Tye, Values Coach, Inc.

Years ago I read an interview with a famous author (it might have been Steinbeck). He was asked what motivated him to write. He didn't mention royalty checks, literary fame, connecting with his readers, or communicating a message. He said he wrote because of the joy he got from feeling a freshly sharpened pencil cruise across a clean sheet of paper.

He wrote for the joy of writing — not for anything he might gain from that writing. Fame, fortune, even making a difference in the life of a reader — those were all derivatives that were beyond his control. All he needed to do was to make that freshly sharpened pencil cruise across a clean sheet of paper, then leave the rest in the hands of fate.

Jon Krakauer, author of *Into Thin Air*, the story of the disastrous 1996 Everest expeditions that claimed 13 lives, once said that there are two kinds of people who climb Mount Everest: people who want to climb Mount Everest and people who want to say they climbed Mount Everest.

Psychologists tell us that what they call "flow" is the most powerful form of human moti-

vation. Flow is the joy of being so absorbed in what you are doing that you completely lose concern for everything else. You're not worried about whether or how much you'll be paid, about what other people will think of the results of your work, or even the passing of time.

Flow is writing because you love the feel of a pencil cruising across a fresh page. Flow is climbing a mountain because you love the crunch of your boots against rock and snow and feeling the weight of the pack on your back.

When Mick Jagger dropped out of the London School of Economics so he could play with the boys in the band, his mother pleaded with him to get "a respectable job." Be a bricklayer, she said. Jagger is still putting on the show even though he's well past the age that most people who have respectable jobs have long since retired, even though he's already got more money than he could spend in five lifetimes. He does it because that's when he experiences flow.

More than 2,000 years ago a man named Ecclesiastes wrote that everything in life was

meaningless. Fame, fortune, learning, service — all was fruitless chasing of the wind, there was nothing new under the sun. The one and only thing he'd discovered that brought meaning to life was the work itself. Whatever your hand finds to do, he said, do it with all your might.

By now I'm sure you've discerned the paradox: the people who are most likely to write a best-selling book, to summit the mountain, to hit the top of the record charts are not those who set out to achieve those goals. They are the ones who do the work for the love of the work itself, not for the reward it might (and might not) bring them.

In his beautiful little book *The Prophet*, Kahlil Gibran wrote that work is love made visible.

Why do you work? Is it for the love of the work itself? Is your work love made visible? If you cannot answer yes to those two questions, perhaps you should think about changing the work that you do, or changing the attitude with which you do the work that you're doing now. When work is its own reward, it makes other rewards more likely.

DHHS - NORFOLK REGIONAL CENTER

DHHS—STATE OF
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The Source is an employee newsletter written by the employees and published monthly for the employees within the Norfolk Regional Center. Articles and ideas for publication are always welcome and can be forwarded to any member of the Editorial Board.

It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed, but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter!

NRC Editorial Board

Marg Hipp - Editor - 370.3315

TyLynne Bauer - 370.3328

Marilyn Stromberg - 370.3142



Healthy Energy Bites

Submitted by Hollie Frye, Interim Quality Assurance Coordinator

HEALTHY ENERGY BITES



- | | |
|-------------------|-------------------------------|
| 2 c. oatmeal | 1/2 c. dark chocolate chips |
| 1/2 c. flax seed | 1/2 c. another type chocolate |
| 1/2 c. wheat germ | chip |
| 3/4 c. honey | 1 c. crunchy peanut butter |
| 2 tsp. vanilla | |

Heat together in microwave until soft — about 30-45 seconds. Mix well and refrigerate for one hour. Roll into balls, dust with powdered sugar, and enjoy!